



Savory Bacon Cheddar Corn Muffins

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

220 kcal

Ingredients



0.5 cup bacon crumbled cooked



6 ounce cotton cornbread mix martha white®



1 teaspoon mustard dry



1 large eggs beaten



0.5 cup milk



1 cup sharp cheddar cheese shredded



0.5 cup cup heavy whipping cream sour

Equipment



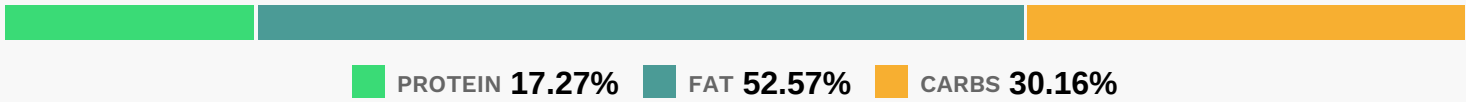
bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ muffin liners

Directions

- ☐ Heat oven to 400 degrees F (375 degrees F for dark pan). Coat 24 miniature (1 3/4-inch) or 8 standard muffin cups lightly with no-stick cooking spray.
- ☐ Combine cornbread mix, mustard, milk, sour cream and egg in large bowl. Stir until smooth. Stir in cheese and bacon. Fill muffin cups 3/4 full.
- ☐ Bake 12 to 15 minutes or until light brown.
- ☐ Remove muffins to wire rack; cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:5.6017390988443%

Nutrients (% of daily need)

Calories: 219.54kcal (10.98%), Fat: 12.87g (19.8%), Saturated Fat: 6.32g (39.47%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 15.2g (5.53%), Sugar: 5.64g (6.26%), Cholesterol: 58.2mg (19.4%), Sodium: 497.12mg (21.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.51g (19.03%), Phosphorus: 209.44mg (20.94%), Calcium: 149.42mg (14.94%), Selenium: 8.45µg (12.07%), Vitamin B2: 0.19mg (11.44%), Vitamin B1: 0.11mg (7.39%), Folate: 26.94µg (6.74%), Vitamin A: 314.07IU (6.28%), Fiber: 1.41g (5.65%), Zinc: 0.85mg (5.64%), Vitamin B12: 0.34µg (5.62%), Manganese: 0.08mg (3.92%), Iron: 0.7mg (3.87%), Vitamin B3: 0.76mg (3.82%), Vitamin B5: 0.36mg (3.63%), Magnesium: 13.86mg (3.46%), Vitamin B6: 0.06mg (3.19%), Vitamin D: 0.38µg (2.52%), Potassium: 86.22mg (2.46%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.7µg (1.61%), Copper: 0.03mg (1.58%)